



“FUEL for Your Stress”

Mark 1:32-39

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³²That evening after sunset the people brought to Jesus all the sick and demon-possessed. ³³The whole town gathered at the door, ³⁴and Jesus healed many who had various diseases. He also drove out many demons. ³⁵Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. ³⁶Simon and his companions went to look for him, ³⁷and when they found him, they exclaimed: “Everyone is looking for you!” ³⁸Jesus replied, “Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come.” ³⁹So he traveled throughout Galilee, preaching in their synagogues and driving out demons.

- ✦ To get FUEL for our stress, we need to build in margin to be alone with God. (vs. 1:35)
- ✦ To handle the stress of our pace, we need to live as called, not driven people. (vs. 1:36-39)